

Mayo Clinic Minute

How genetics factor into treating alcohol use disorder

Intro: Alcohol use disorder is the medical term for someone dealing with alcoholism. In 2013, the medical community shifted to a broader definition of what constitutes alcohol use disorder. As more people are being diagnosed with it, health care providers are investigating whether genetic testing may lead to better treatment options.

Video	Audio
	Roughly 3 in 10 Americans meet the criteria to be diagnosed with alcohol use disorder.
	And many of those people are related to others with similar problems.
Victor Karpyak, M.D., Ph.D. Psychiatry Mayo Clinic	“We know that people who have alcohol use disorder tend to have relatives with alcohol use disorder or relatives who are suffering from other substance use disorders.”
	Dr. Victor Karpyak, who oversees Mayo Clinic’s addiction treatment services, says about half of those with alcohol use disorder inherit it because of their genetics.
	But genetic markers may also help improve treatment of alcohol use disorder.
	In addition to behavior modification, many people are able to overcome their alcohol use disorder with one of three approved drugs.
	Dr. Karpyak says new research into genetic factors is helping pinpoint which of those drugs each patient is most likely to respond well to.
	So while there may never be a magic bullet to cure alcoholism, Dr. Karpyak says genetic research is making it easier for health care providers to give the most effective treatment possible to each individual patient.
	For the Mayo Clinic News Network, I’m Ian Roth.

